





SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-JANUARY-2017



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	CLOSED IN OBSERVANCE OF NEW YEAR'S DAY HOLIDAY	3	Barbeque Chicken Potato Salad Corn Cobbette Wheat Dinner Roll Sliced Peaches	4	Macaroni & Cheese Stewed Tomatoes & Zucchini White Bean & Spinach Salad Oatnut Bread Fresh Orange	5	French Onion Soup Beef Liver w/Extra Sauteed Onions Mashed Potatoes Carrots Saltines Fresh Orange	6	Pot Roast w/Vegetable Gravy Sweet Potatoes Brussel Sprouts 100% Whole Wheat Bread Fresh Apple
9	Orange-Pineapple Juice Seasoned Chicken in Alfredo Sauce Over Penne Pasta Broccoli Florets 100% Whole Wheat Bread Fruit Cocktail	10	Cream of Broccoli Soup Chef Salad w/Mixed Greens Shredded Cheese Turkey Ham Cooked Egg Raspberry Vinaigrette Dressing Saltine Crackers Pineapple Tidbits	11	Italian Sausage & Red/Green Peppers w/Italian Sauce Rotini w/Italian Sauce Zucchini 12-Grain Bread Fresh Banana	12	Grape Juice Turkey Stew w/Potatoes Garden Salad Greens w/Tomatoes/Cucumbers Ranch Dressing Wheat Dinner Roll Fresh Orange	13	Orange Juice Meatloaf w/Gravy Egg Noodles Broccoli Cauliflower 100% Whole Wheat Bread Apple Oatmeal Bar
16	CLOSED IN OBSERVANCE OF MARTIN LUTHER KING CRT HOLIDAY	17	Salisbury Steak Italiana Parslied Bowties Italian Green Beans Oatnut Bread Sliced Peaches	18	Fruit Punch Seafood Salad on Wheat Bun Baked Sweet Potato Shredded Lettuce Fresh Orange	19	Mediterranean Soup Orange & Cumin Rubbed Pork Carnival Rice Spinach Saltines Fresh Apple	20	Apple Juice Rosemary Chicken Whole Baby Carrots Garlic Smashed Potatoes 100% Whole Wheat Bread Fresh Banana
23	Stuffed Cabbage w/Marinara Sauce Rice Romano Beets Oatnut Bread Fresh Apple	24	Hearty Vegetable Soup Hot Dog Baked beans Sauerkraut Mustard/Ketchup/Relish Hot Dog Roll Raspberry Strudel Stick	25	Autumn Soup BBQ Pork Ribequ Sweet Potatoes & Apples California Blend Vegetables Saltines Fresh Banana	26	Apple Juice Tuna w/Noodles Casserole Peas & Diced Carrots 100% Whole Wheat Bread Fresh Orange	27	Baked Ham w/Raisin Sauce Scalloped Potatoes Scandinavian Blend Vegetables 12-Grain Bread Sliced Peaches
30	Country Fried Steak Lyonnaise Potatoes Caribbean Blend Vegetables Pumpernickel Bread Fresh Apple	31	Cream of Asparagus Soup Garden Salad Greens Cherry Tom/Cucumbers/Onions w/Tuna Salad Italian Dressing Wheat Dinner Roll Fresh Orange				To reserve a meal Call 763-7428 by noon the day before		

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.

All meals are served with milk, bread and margarine. DONATIONS: \$2.50 (or whatever you can afford)